

## ABSTRACT OF THE DISCLOSURE

[0095] The present invention provides formulas for producing compositions for the structural/functional nutritional support for those who struggle with poor focus, concentration and/or memory. In addition, the present invention provides 5 compositions comprising nutritional/botanical factors helpful to those who subjectively experience transient mental fatigue or poor cognitive function. The compositions of this invention consist primarily of the following ingredients B-complex vitamins, antioxidants, minerals, phosphatidyl serine (PS), choline, dimethyl-aminoethanol (DMAE), docosahexaenoic acid (DHA), L-pyroglutamic 10 acid, as well as herbal extracts from *Bacopa monniera*, *Vinca minor*, and *Huperzia serrata*. The present invention also relates to the administration of these compounds to alleviate mental fatigue or poor cognitive function.